

KETTLER

Assembly Manual Cross-Trainer „MONDEO“

Item # 07852-690

Assembly must be carried out by an adult!

USA



Environmentally friendly: printed on 100% recycled paper

Thank you for purchasing our high quality KETTLER product.

If you have any questions or concerns regarding this product, please contact us:

KETTLER International, Inc.
Parts & Service Department
P.O.Box 2747
Virginia Beach, Virginia 23450 USA

E-mail parts@KETTLERUSA.COM
Tel: 757-427-2400 ext. 81
Fax: 757-563-9273

Please have this owner's manual with you when you call.

DO NOT CONTACT YOUR RETAILER.



FREIZEIT MARKE KETTLER

Important Instructions

Please read these instructions carefully prior to carrying out assembly and using for the first time. They contain information which is important for your safety as well as for the use and maintenance of the appliance. Keep these instructions in a safe place for reference purposes, maintenance work and to assist you when ordering spare parts.

For Your Safety

- The crosstrainer should be used only for its intended purpose, i.e. for physical exercise by adult persons.
- Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- The crosstrainer has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.
- Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done. Use only original KETTLER spare parts.
- **If the equipment is in regular use, check all its components thoroughly every 1 -2 months. Pay particular attention to the tightness of bolts and nuts. This is particularly true for the attachment of grip strap, running plate and fastening of the**

Handling the equipment

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- It is not recommended to use or store the apparatus in a damp room as this may cause it to rust. **Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.**
- The machine is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
- The crosstrainer complies with the DIN EN 957-1/-9, class HB. It is therefore unsuitable for therapeutic use.
- A slight production of noise at the bearing of the centrifugal mass is due to the construction and has no negative effect upon operation. Possibly occurring noise during reverse pedalling result from engineering and are absolutely safe.

Instructions for Assembly

- Ensure that you have received all the parts required (see check list) and that they are undamaged. Should you have any cause for complaint, please contact KETTLER Parts and Service Dept.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.

handlebar and front tube.

- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- Instruct persons using the equipment (in particular children) on possible sources of danger during exercising.
- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. **Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health!**
- **Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine. Extensive repairs must only be carried out by KETTLER service staff or qualified personnel trained by KETTLER.**
- In case of enquiry, please contact your KETTLER dealer.
- In choosing the location of the apparatus, ensure a sufficient safety distance from any obstacles. The apparatus must not be mounted in the immediate vicinity of main passageways (paths, doorways, corridors).
- Do not use corrosive or abrasive materials to clean the equipment. Ensure that such materials are not allowed to pollute the environment.
- The crosstrainer has a magnetic brake system.
- To operate correctly, the pulse function requires a minimum voltage of 2,7 volts (only for computers working with batteries).
- The equipment is dependent of revolutions per minute.
- **Please ensure that liquids or perspiration never enter the machine or the electronics.**
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
- Always wear suitable shoes when using.
- All electric appliances emit electromagnetic radiation when in operation. Please do not leave especially radiation-intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic controlsystem as otherwise values displayed might be distorted (e.g. pulse measurement).

- The equipment must be assembled with due care by an adult person. If in doubt call upon the help of a second person, if possible technically talented.
- Please note that there is **always** a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.

- Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a **risk of suffocation** if children play with plastic bags!
- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed. The required tools are supplied with the equipment.
- Bolt all the parts together loosely at first, and check that they

have been assembled correctly. Tighten the locknuts by hand until resistance is felt, **then use spanner to finally tighten nuts completely against resistance (locking device)**. Then check that all screw connections have been tightened firmly. **Attention:** once locknuts have been unscrewed they no longer function correctly (the locking device is destroyed), and must be replaced.

- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).

List of spare parts page 10-12

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product (see handling).

Example order: Art. no. 07852-690 / spare-part no. 91170500 / 2 pieces / control number/ S/N Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

Important: spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this

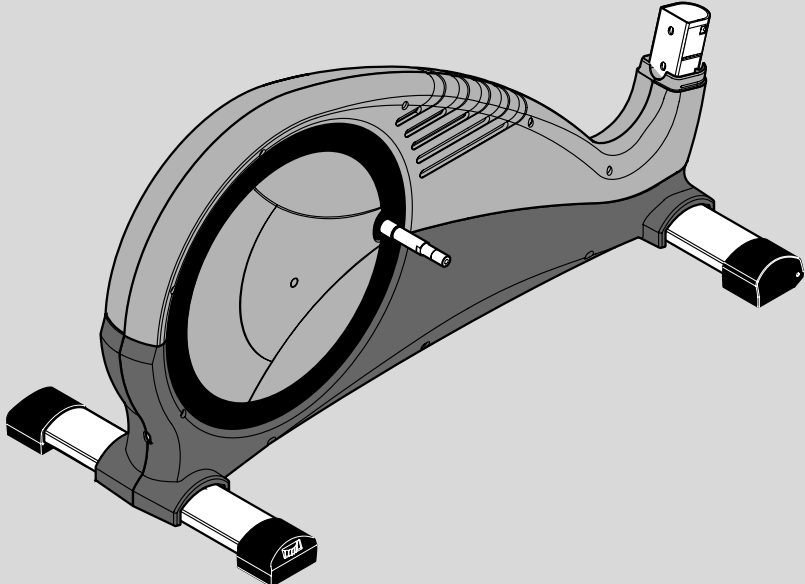
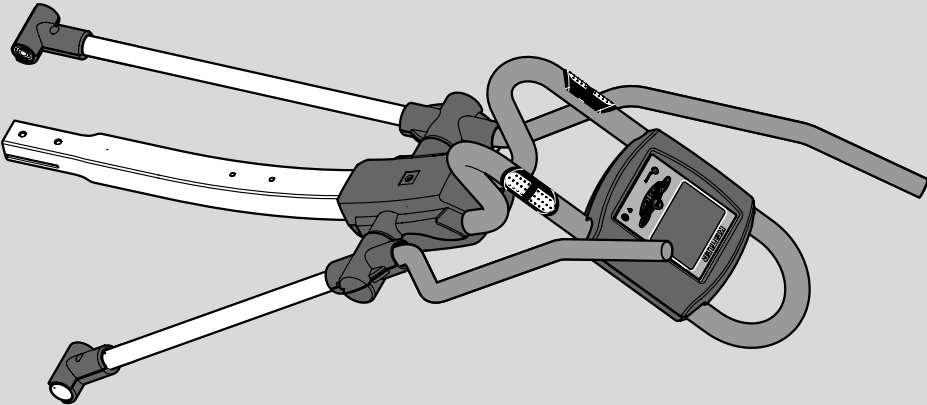
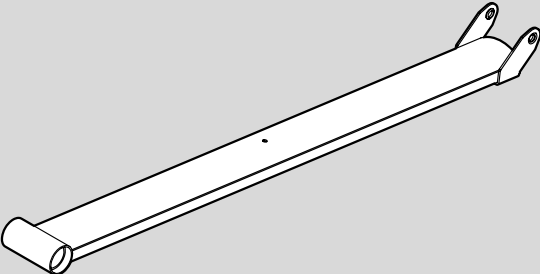
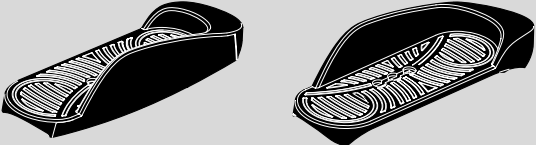
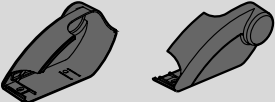
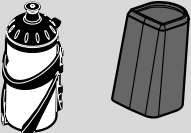

should be clearly stated on the order by adding the words „**with fastening material**“.

KETTLER International Inc.

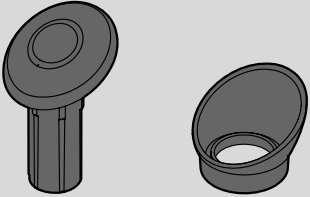







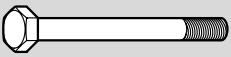






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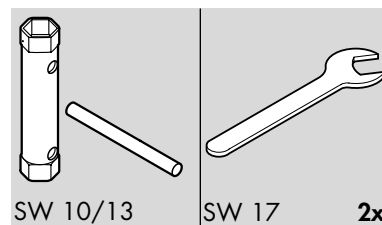
<http://www.kettlerusa.com>

Checklist (contents of packaging)

	<p>1</p>	<p>✓</p>
	<p>1</p>	
	<p>2</p>	
	<p>1/1</p>	
	<p>2/2</p>	
	<p>1/1</p>	
	<p>1/1</p>	

Checklist (contents of packaging)

		2/2
		2
	ø42	2
	M6	2
	ø25x8,4	4
	ø25x10,4	4
	ø21x8,4	2
	ø12,5x6,4	2
	M10x105	2
	M6x50	2
	M8x20	6
	M5x20	2
	ø22,2x27,5	2
	M10	2
		8

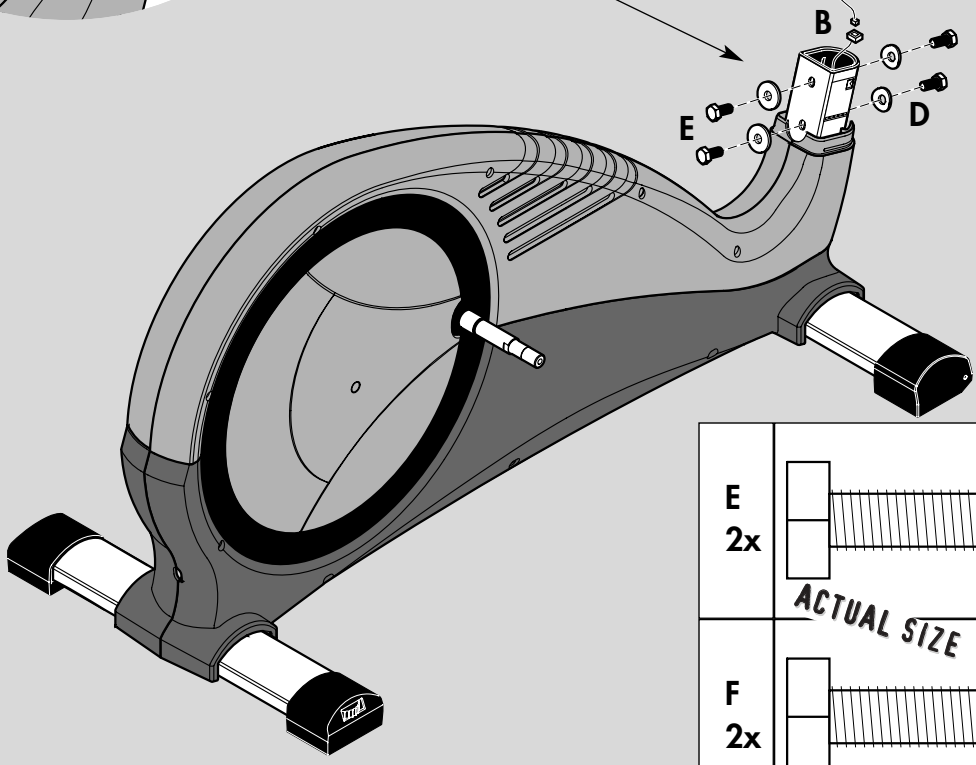
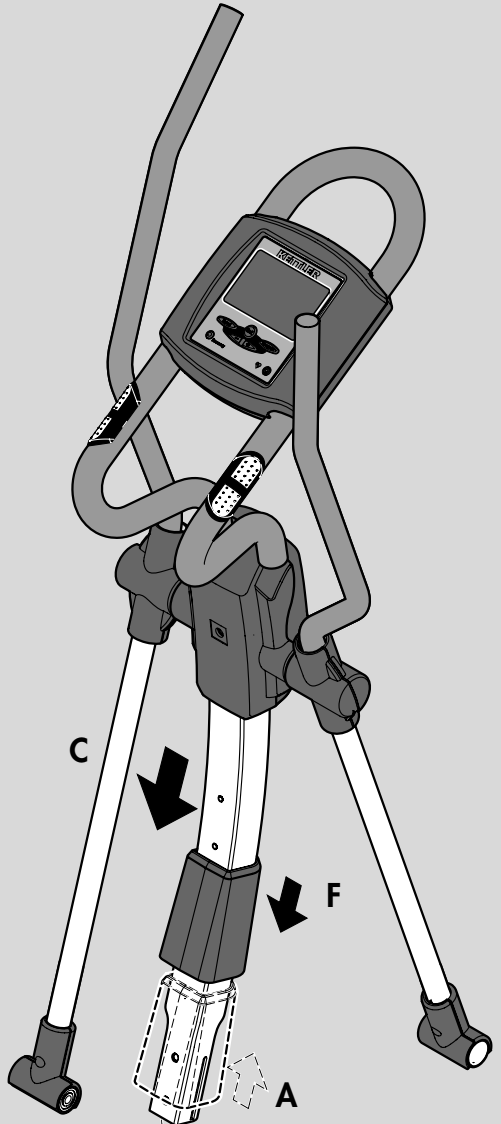
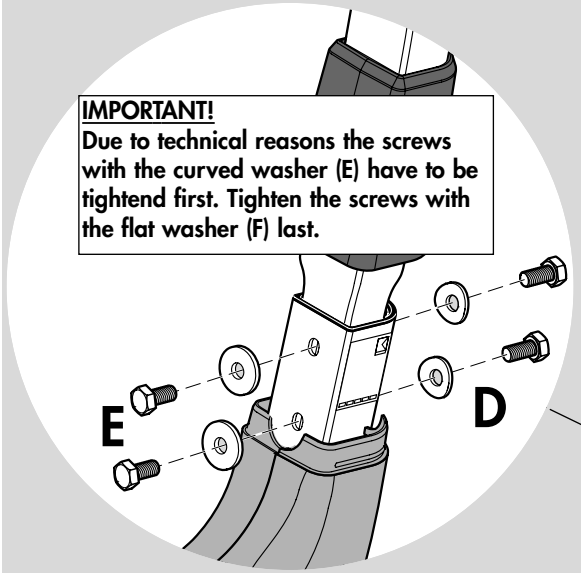




The screwed connections must be controlled at regular intervals.

IMPORTANT!

Due to technical reasons the screws with the curved washer (E) have to be tightend first. Tighten the screws with the flat washer (F) last.

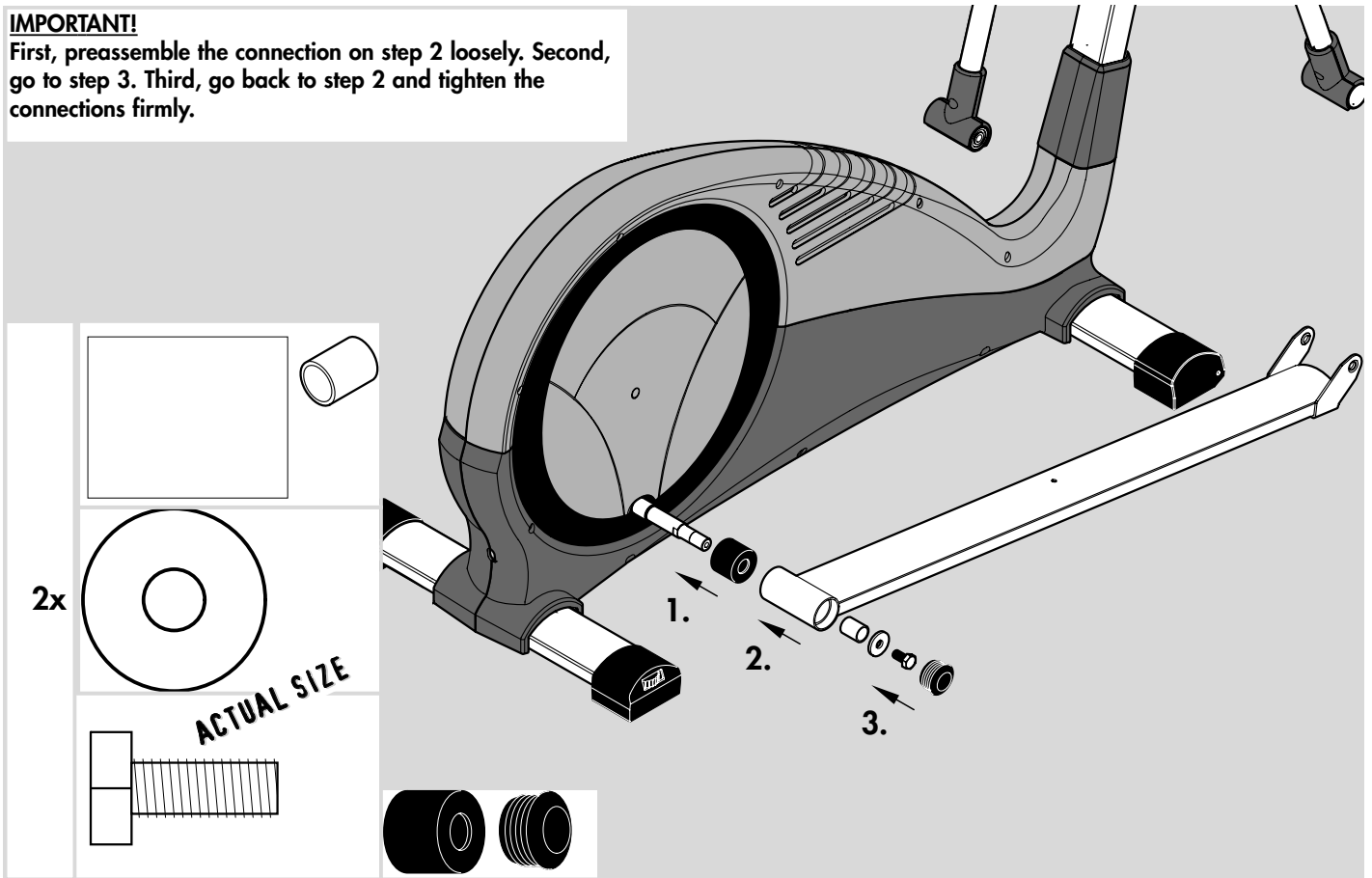


<p>E 2x</p>		
<p>ACTUAL SIZE</p>		
<p>F 2x</p>		

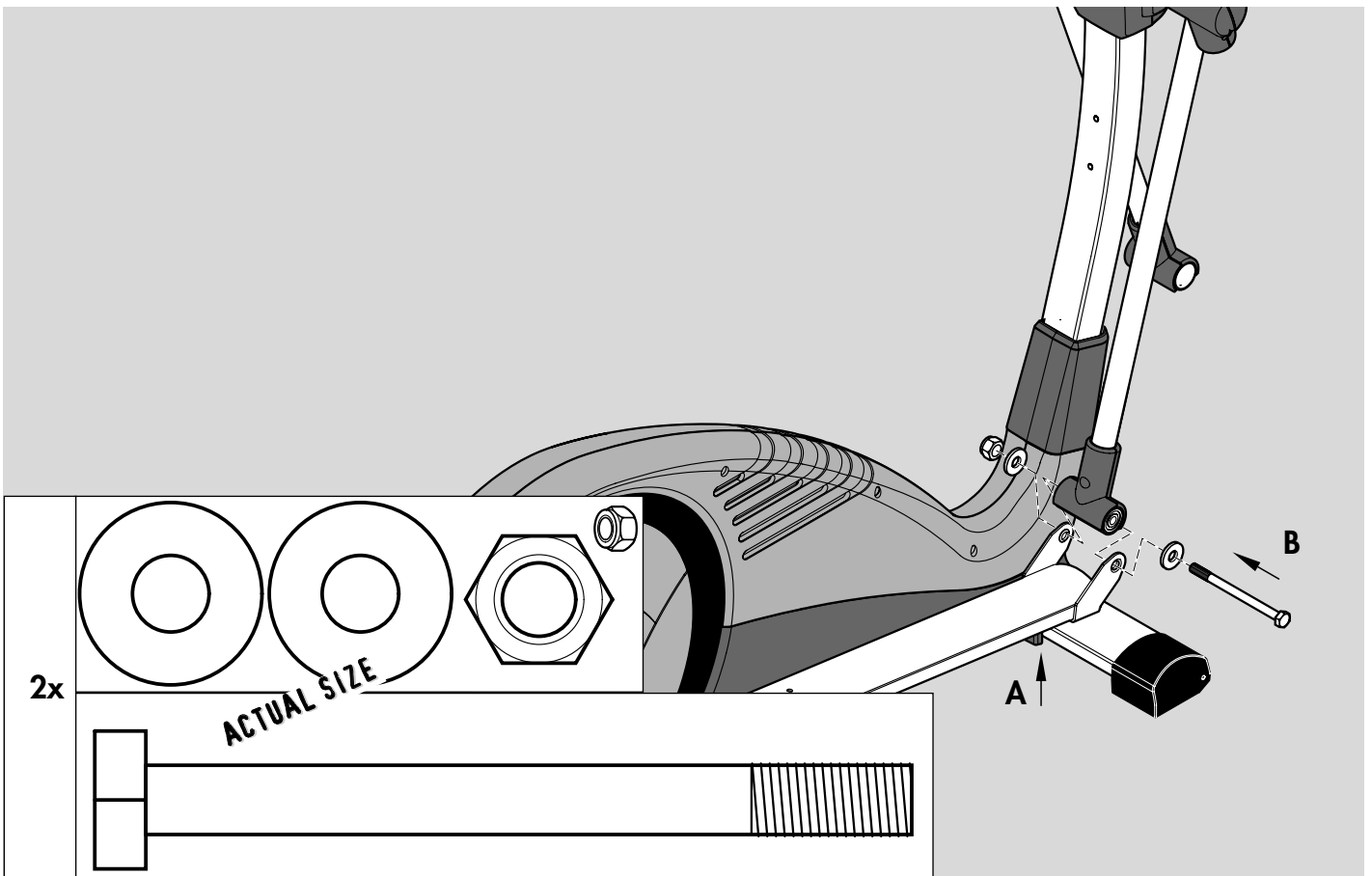
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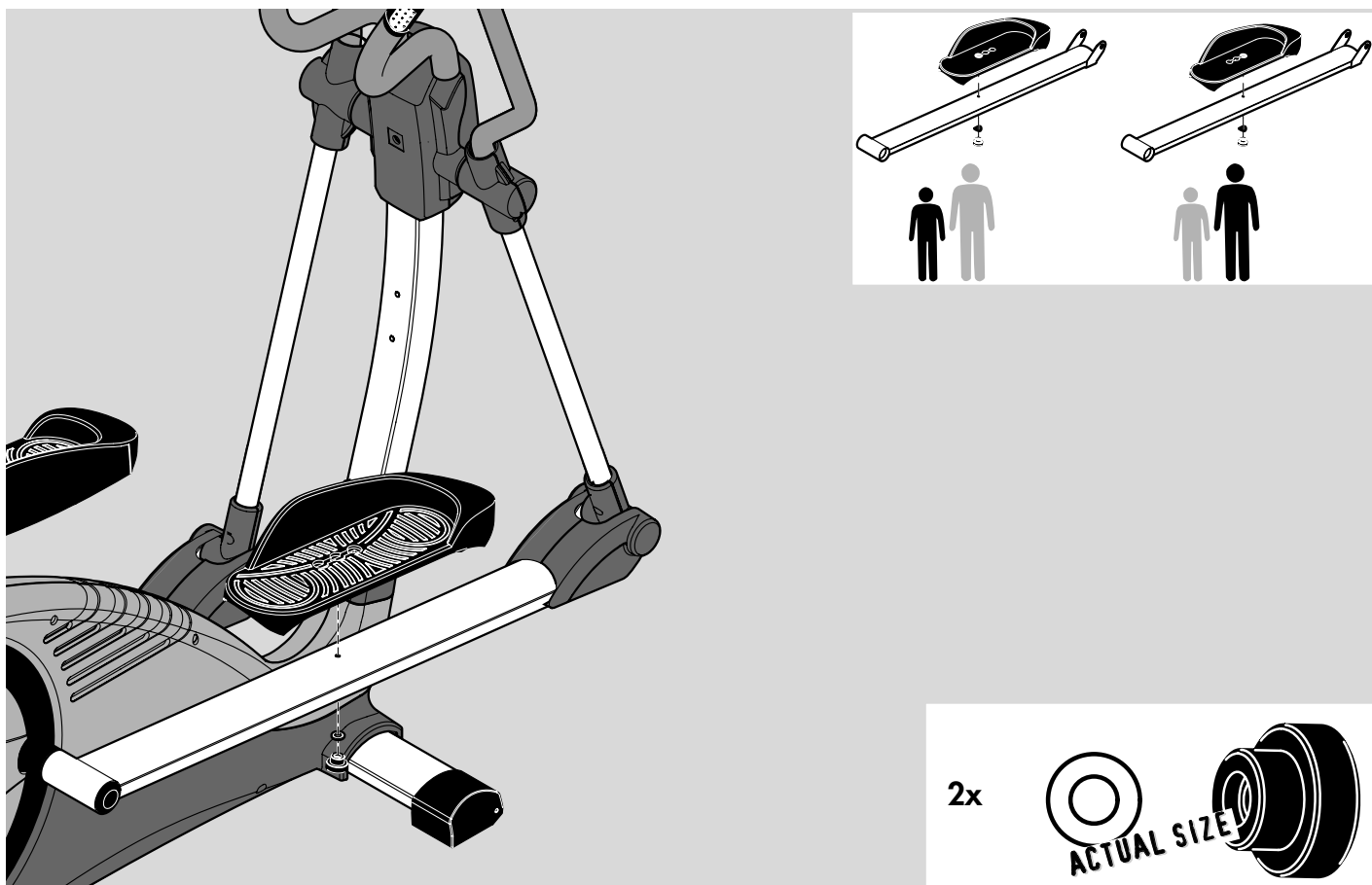
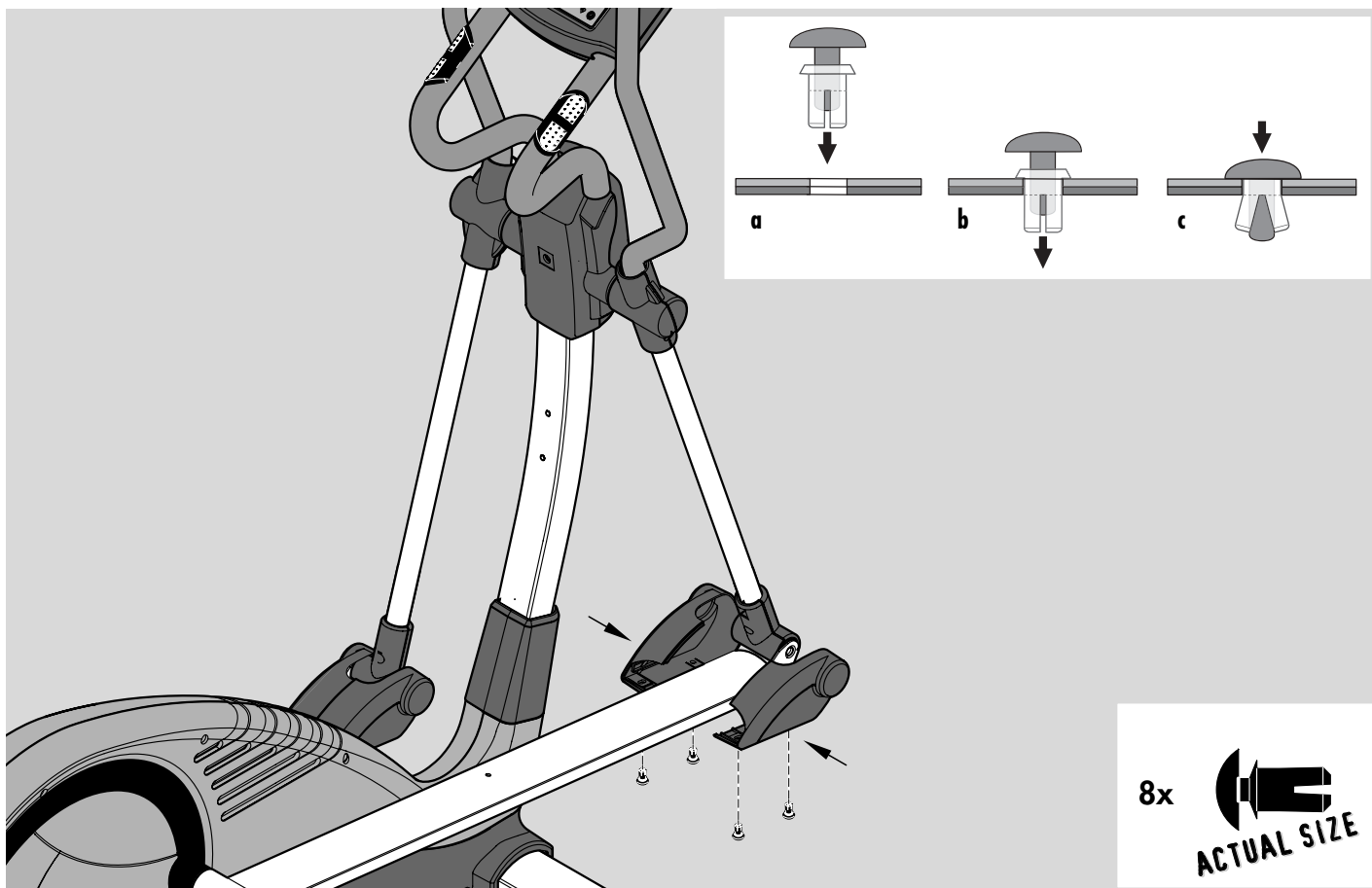
IMPORTANT!

First, preassemble the connection on step 2 loosely. Second, go to step 3. Third, go back to step 2 and tighten the connections firmly.

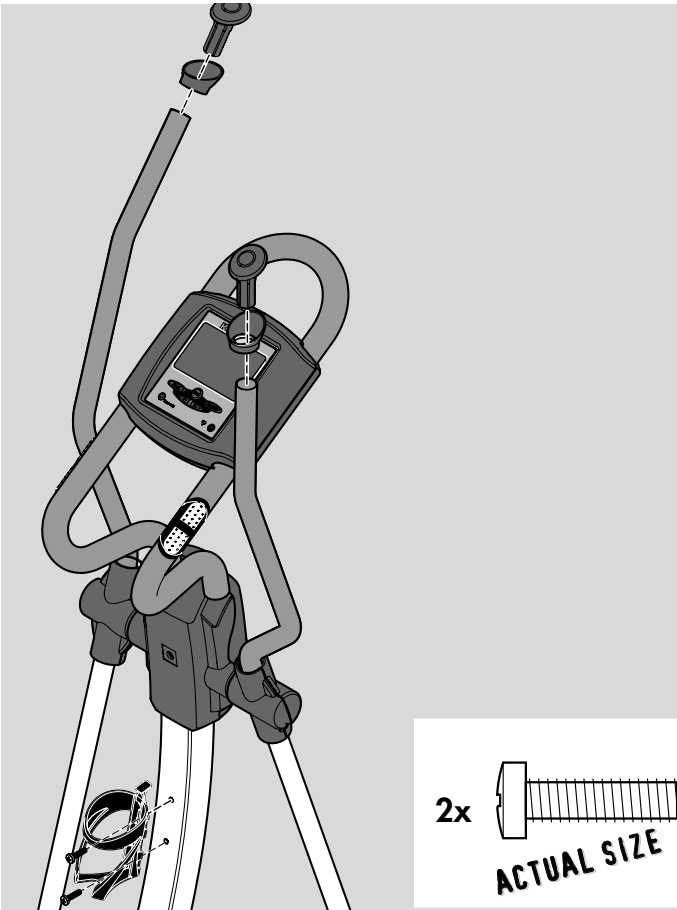


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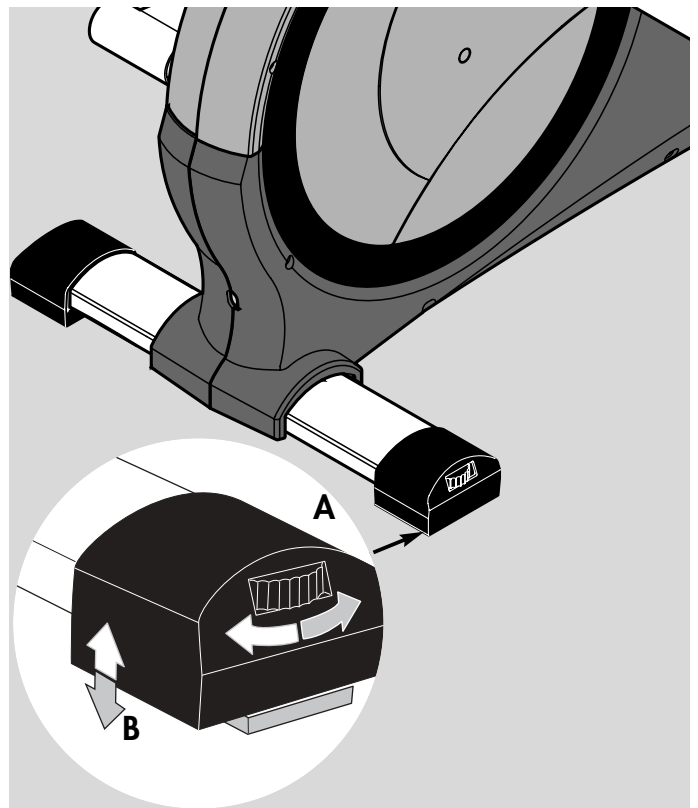
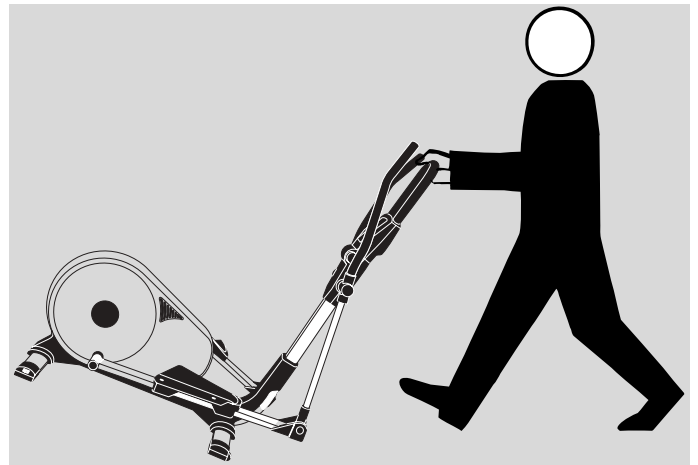




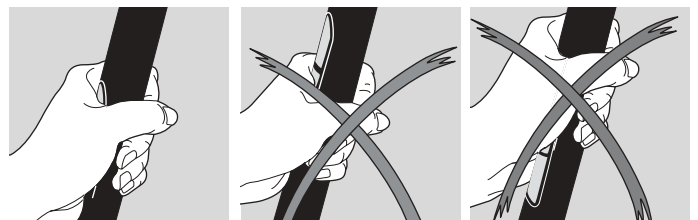
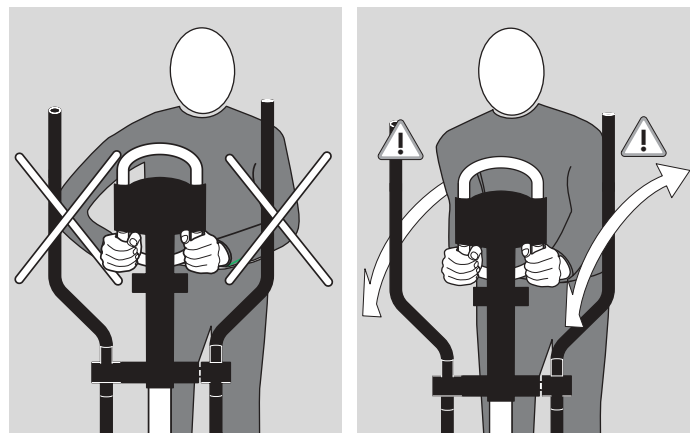
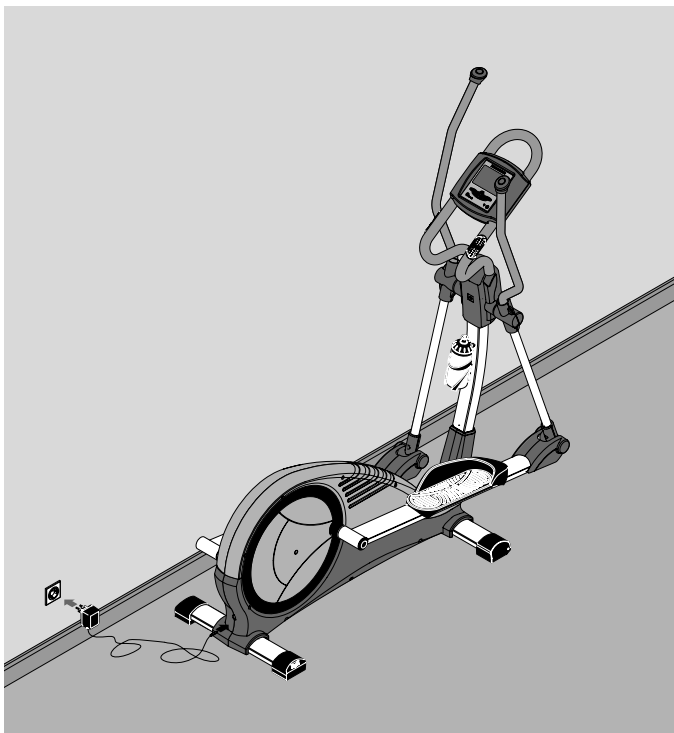
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Handling

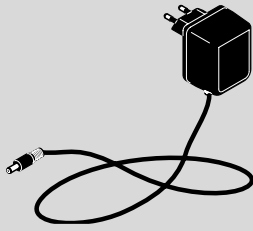


Handling

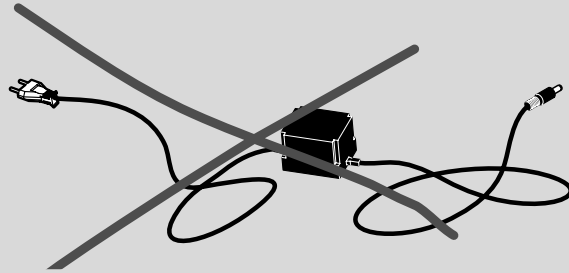


For products with power supply: **Attention!** Only use with original power unit as supplied, or with original KETTLER spare part (see spare part list). **Otherwis this may result in damage.**

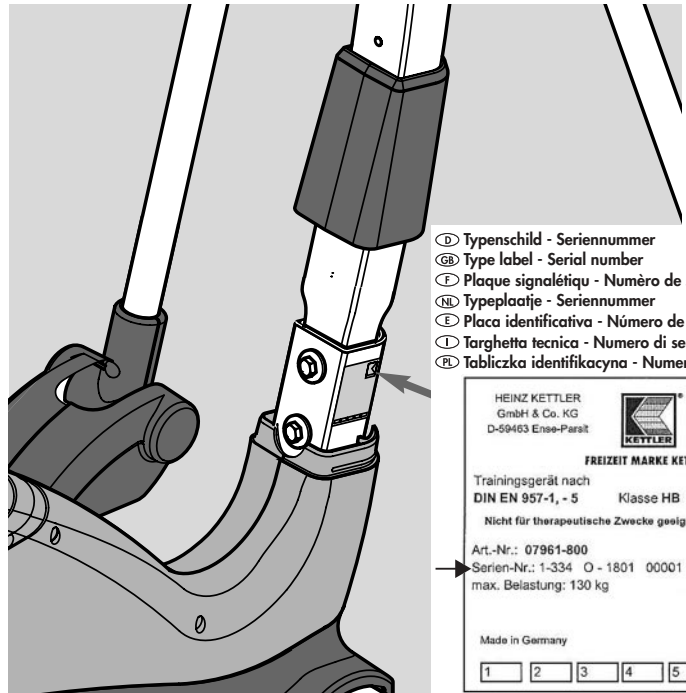
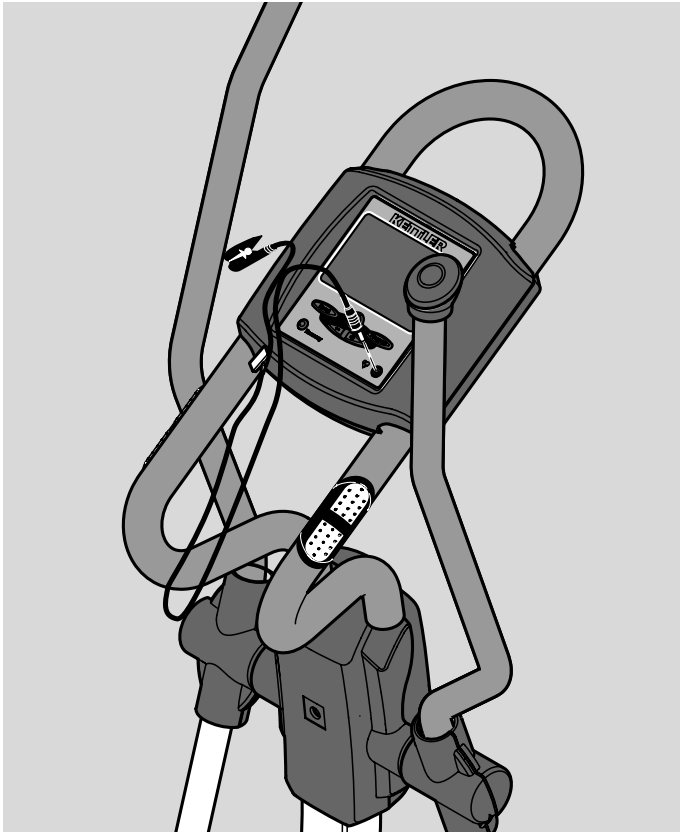
Handling



PRI: 110V \approx 50Hz 50mA
SEC : 6V \approx 500mA 3VA



Attention! Only use with 6V original power supply. **Otherwise this may result in damage.**



- Ⓓ Typenschild - Seriennummer
- Ⓔ Type label - Serial number
- Ⓕ Plaque signalétique - Numéro de serie
- Ⓜ Typeplaatje - Seriennummer
- Ⓔ Placa identificativa - Número de serie
- Ⓘ Targhetta tecnica - Numero di serie
- Ⓟ Tabliczka identyfikacyjna - Numer serii

HEINZ KETTLER GmbH & Co. KG D-59463 Ense-Parist		
FREIZEIT MARKE KETTLER		
Trainingsgerät nach DIN EN 957-1, - 5		Klasse HB
Nicht für therapeutische Zwecke geeignet		
Art.-Nr.: 07961-800		
→ Serien-Nr.: 1-334 0 - 1801 00001		
max. Belastung: 130 kg		
Made in Germany		
1	2	3
4	5	

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product.

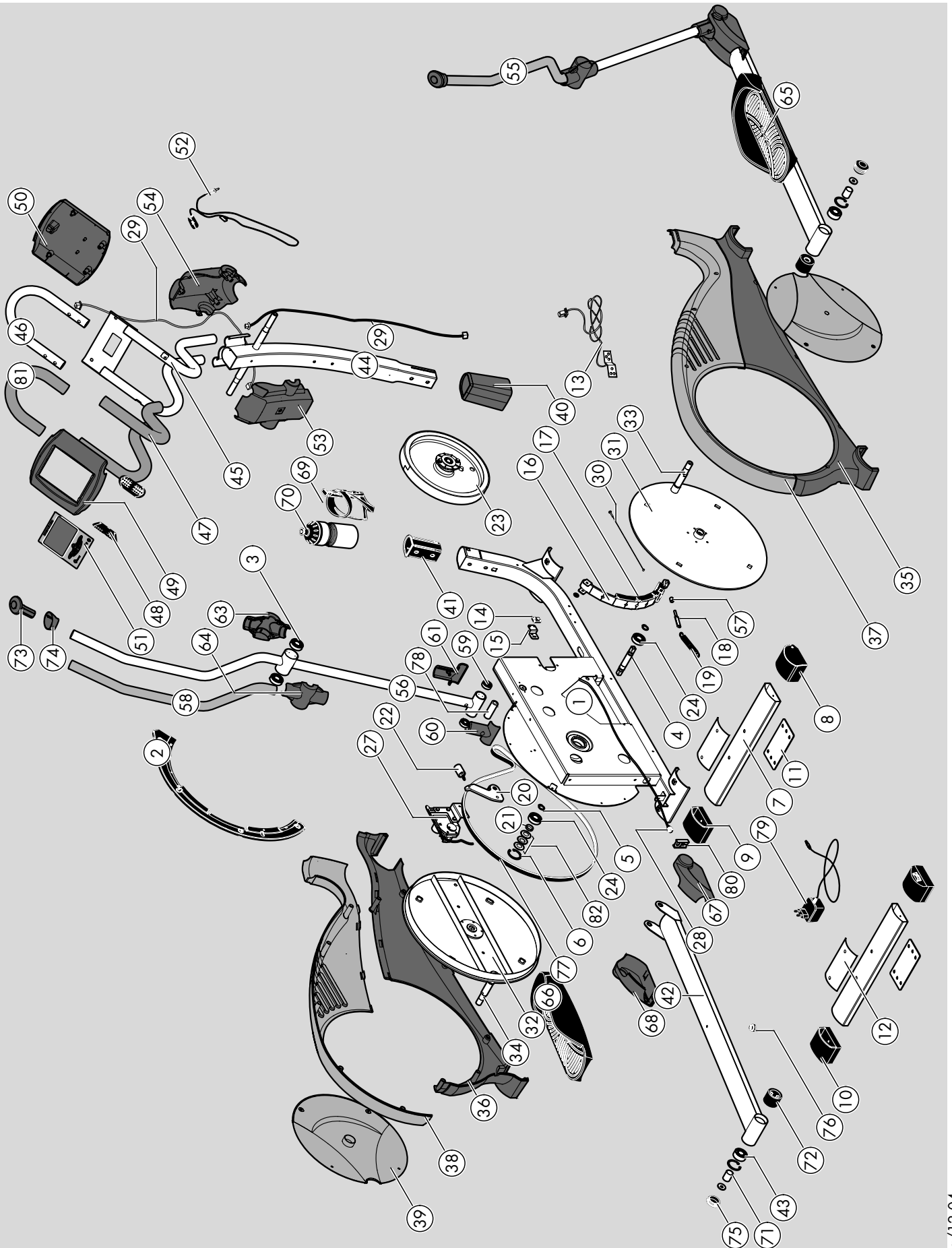
Spare parts order

Crosstrainer MONDEO		07852-690	
Pos-Nr.	Description	Qty	Spare Part Nr.
1	Base Frame (07852-690)	1	94315235
2	Adapter Ring	1	70128492
3	Ski Pole Bearing 6203-ZZ	4	33100038
4	Drive Axle 17x114.5	1	11300055
5	"C" Clip 17mm (17 DIN 471)	3	10709021
6	"C" Clip 44mm (I 40 DIN 472)	3	10709024
7	Frame Crossmembers	2	91111287-20
8	Right Transport Castor	1	91170387
9	Left Transport Castor	1	91170388
10	Floor Levelers	2	91170500
11	Underside Plate for Frame Cross Member	2	97200256
12	Fiber Paper Gasket for Frame Cross Member	2	34010120
13	Magnetic P/U Wire 375mm	1	67000690
14	Cable Clamp 3x5.6	1	67000088
15	Metal Bracket for Flywheel (BD 1399)	1	1701399A
16	Flywheel Resistance Magnet	1	94313567
17	Flywheel Magnet Segment	3	67000170
18	Set Spindle	1	97201389

Spare parts order

Crosstrainer MONDEO		07852-690	
Pos-Nr.	Description	Qty	Spare Part Nr.
19	Spring for Magnet Tension 1.6mm	1	25605891
20	Idler Pulley w/ Bearings 6300-ZZ	1	94313101
21	distanz sleeve ø22.2x2x5 mm	1	97201470
22	Spring for Belt Tension 3.5mm	1	25635052
23	Flywheel + Pos. 25 + 26	1	91140379
24	Bearing for Drive Axle 6203-ZZ	2	33100023
25	Bearing for Flywheel 6203-ZZ C3 (Pos. 23)	1	33100017
26	Bearing 6005-ZZ (w/o fig.) (Pos. 23)	1	33100042
27	M-05 Motor	1	67000797
28	Adapter Wire 900mm	1	67000799
29	Lower Lead Wire 900mm	2	67000795
30	Pulley	1	43004071
31	Right Drive Disc (red)	1	94315240
32	Left Drive Disc (red)	1	94315243
33	Right Drive Disc Shaft 20x120.5	1	10900091
34	Left Drive Disc Shaft 20x120.5	1	10900092
35	Right Side Lower Main Shroud	1	70128704
36	Left Side Lower Main Shroud	1	70128705
37	Right Side Upper Main Shroud	1	70128710
38	Left Side Upper Main Shroud	1	70128711
39	Drive Disc Cap	2	94315477
40	Mast Cover	1	70128569
41	Sleeve for Main Frame	1	70128698
42	Skis	2	94315247
43	Bearings for Skis 2203 RS2	2	33100047
44	Mast	1	94315268
45	Lower Center Handlebar w/ Grip and Handpulse	1	94315490
46	Upper Center Handlebar w/ Grip	1	94315275
47	Grip for Lower Center Handlebar 27.5x3x445mm	2	10118105
48	Hand Pulse Sensors WP 1007-5C	1	67000658
49	Front Computer Housing	1	70128730
50	Rear Computer Housing	1	70128731
51	Computer SM3200-8 (mile, °F)	1	94315484
52	Ear Lobe Clip Heart Rate Monitor	1	67000653
53	Front Upper Mast Cover	1	70128728
54	Rear Upper Mast Cover	1	70128729
55	Right Ski Pole	1	94315437
56	Left Ski Pole	1	94315436
57	Spacer Sleeve 10x1.9x13mm	1	97200445
58	Ski Pole Grips 27.5x3x680mm	2	10118034
59	Lower Ski Pole Bearing 6200-ZZ	4	33100036
60	Front Bottom Ski Pole Cover	2	70128413
61	Rear Bottom Ski Pole Cover	2	70128414
63	Center Rear Ski Pole Cover	2	70128412
64	Center Front Ski Pole Cover	2	70128411
65	Right Foot Plate	1	70128702
66	Left Foot Plate	1	70128703
67	Right Front Ski Cover	2	70128696
68	Left Front Ski Cover	2	70128697
69	Water Bottle Holder	1	70190051
70	Water Bottle	1	70190041
71	Spacer Sleeve 22.2x2x27.5mm	2	97201463
72	Distance Tube (3126)	2	70133275
73	Ski Pole Top Cap Part 1(4011)	2	70121517
74	Ski Pole Top Cap Part 2(4013)	2	70121518
75	Plug for 42mm	2	10100079
76	Foot Plate Adjuster Cap m6	2	10104006
77	Drive Belt 1651 PJ6	1	67005127
78	Lower Ski Pole Sleeve 20x4.5x59mm	2	97201447
79	Power Supply	1	67000798
80	Plug Receptacle	1	94315283
81	Soft-Grip 27.5x405mm	1	10118104
82	Plate spring B 31.5 GR 1 X 1.2	3	10600004

Spare parts order



In case of complaint, please state the control number/ S/N.